Disclaimer: These worksheets are for general educational purposes only. They are not medical or mental health advice, diagnosis, or treatment. Always consult a qualified healthcare provider regarding personal health concerns. Do not alter or stop treatment without professional guidance.

Part 1: Patient Communication Toolkit

(Practical tools for appointments and treatment planning)

Patient Communication Toolkit

Why this matters:
Navigating a medical or mental health diagnosis can feel overwhelming — especially when information is unclear, opinions differ, or choices affect daily life.
These tools help you **ask better questions, understand your care, and keep a clear record** — while working in partnership with your provider.

Note: These are not for challenging or replacing professional advice. They're here to:

- Explain your diagnosis in plain language
- Show the reasoning behind your treatment
- Provide a written record to review later
- Help you participate as an active partner in your care

Sheet 1 – Patient Empowerment Worksheet

Understanding My Diagnosis & Treatment
(Bring to appointments; use for note-taking and discussion.)

Date: _____ Provider: _____

1. My Diagnosis

- Primary diagnosis: _____

- Other diagnoses considered or ruled out: _____
- Main reasons for this diagnosis: _____

2. How Other Conditions Affect My Care

- Interaction with other conditions (e.g., ADHD, anxiety, medical issues): _____
- Any treatment limitations from these interactions: _____

3. How This Diagnosis Explains My Current Challenges

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4. Treatment Plan & Rationale

- Current medications & reasons:
    1. _____ (why prescribed)
    2. _____ (why prescribed)
- Other treatments (therapy, skills training, lifestyle changes) & purposes: _____

5. Looking Ahead

- Symptoms or changes that would prompt reconsidering this diagnosis: _____
- If diagnosis changes, how might treatment change? _____
- Other options to consider later: _____

Plain language explanation (for family/support):

Sheet 2 – Provider Conversation Prep Sheet

Questions to Guide My Appointment
(Fill in before your visit; use during the conversation.)

Before the Appointment:

- My top questions today: _____
- Updates since last visit (symptoms, side effects, daily life changes): _____
- Concerns or priorities: _____

During the Appointment:

1. Could you explain my diagnosis in plain language?
2. What are the main reasons for this diagnosis?
3. How do my other conditions affect today's treatment choices?
4. What are the benefits and risks of each option?
5. If my symptoms change, what adjustments would you recommend?

After the Appointment:

- Key takeaways: _____
- Next steps: _____
- Follow-up questions: _____

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